

***Inner Work Guidebook***  
**ACTIVITY: GUIDED RETREAT**  
**Description and Detail of Activity**

**What is it?**

A Guided Retreat is undertaken with the assistance of a retreat director. It can last for anything from 2 days to 30 days (e.g. Ignatian Spiritual Exercises).

**Why do it?**

The retreatant benefits from the wisdom and experiences of his director, in his discernment and growth process.

**How to do it?**

It may be done individually or in a group; with input provided by the director. The conferences or talks provide direction and opportunity for further reflection.

**Suggested Resources for this Activity:**

Local retreat centers